Upper Peninsula



Special Diabetes Program for Indians Healthy Heart Project Ongoing

The purpose of this project is to reduce the risk of heart disease in people with diabetes which is a serious problem for American Indians and Alaska Natives.

Participation in the project is voluntary but individuals must be age 18 years or older who have diabetes, are interested in reducing their risk of heart disease, are willing to participate in monthly clinic visits and willing to stay in the project for u Please see the brochure for more detailed information.

Sponsor: Sault Tribal Health Services Location: Sault Tribal Health Center

Cost:

For More Information: Call the Sault's Community Health Program at 906-632-5210 and ask for Sarah

Willey, Project Coordinator.

Brochure

http://www.diabetesinmichigan.org/pdf/pdfUPDON/SDPIhealthyheartproj.pdf

Upper Peninsula



Lake Superior Soo Bahk Do Academy

1200 South Front Street Marquette, MI 49855 (906) 226-4723

Traditional Martial Arts and Self-Defense Training for All Ages. Group and Family Discounts.

For more about "Soo Bahk Do" go to www.region5soobahkdo.com/

FitUP!

For Info, e-mail George Sedlacek at <u>gsedlacek@hline.org</u> (906) 475-9312 Negaunee, MI

www.fitup.org

Helen Newberry Joy Hospital

Diabetes Support Group

906-293-9286 or 800-743-3093 Group meets at Helen Newberry Joy Hospital & Healthcare Center in the Huron (main) Conference Room unless otherwise indicated.

www.hnjh.org/index.php?page=Diabetic_Group

Marquette

Marquette General Hospital Health & Wellness Info www.mgh.org Upper Peninsula Health
Care Network

www.uphcn.org/